

APPLICATION

Name: _____

Grade: _____

Date of Birth: _____ Gender: _____

Address: _____

Phone: _____

E-mail: _____

School: _____

Position: _____

T-Shirt - circle size: (Adult - S M L XL XXL) (Youth - M L)

Parent's or Guardian's Name: _____

Parent's Phone: _____

Parent's E-mail: _____

Clinic Choice: ☐ Session One (June 22nd-26th) 9am-12pm

☐ Session Two (July 13th-17th) 9am-12pm

*Team Clinics: Call Maria at 610-678-0484
for team camp dates and pricing*

Payment Method:

Before April 30th make \$175 check payable to SVAC

After April 30th make \$195 check payable to SVAC

Parisi Athletes Receive \$10 off

Send to:

Parisi Speed School

c/o Spring Valley Athletic Club

Attn: Maria Shunk

4920 Penn Avenue, Sinking Spring, PA 19608

610-678-0484 • mshunk@svathleticclub.com

Credit Card - check one: ☐ M Card ☐ Visa ☐ AMEX

Card Number: _____

Expiration Date: _____

Billing Address: _____

Release...In consideration of acceptance of my child in the Athletic Training Program outlined above, I hereby for myself, my child, their heirs, executors and administrators waive and release any claim we may have for damages against: Parisi Speed School, Spring Valley Athletic Club, Big Spike Volleyball Camp; their officials, officers, employees or representatives; or their successors, for any and all injuries that may be suffered by my child while or as a result of participating in the above said program. I certify that my child has been checked by a licensed medical doctor within the last year and is in good health. I also certify that Parisi Speed School makes no guarantees that the athlete participating in this program will never get injured. I agree that my athlete is only entitled to the training sessions specified by Parisi Speed School for this Speed Camp. I am also aware that my athlete is not entitled to a refund unless a doctor states in writing that my athlete can not take part in the Athletic Training Program specified.

I certify that I am the Parent / Guardian of the above mentioned athlete and I am over 18 years old and agree to the conditions specified above.

Signature: _____ Date: _____

**Speed, Conditioning &
Volleyball Skills Camp**
June 22nd - 26th or
July 13th - 17th



4920 Penn Avenue,
Sinking Spring, PA 19608
www.svathleticclub.com

PARISI
SPEED SCHOOL

Do You Want To Take Your Volleyball Game To The Next Level?

...then take advantage of this

***Speed, Conditioning &
Volleyball Skills Camp***

Presented by the

PARISI
and SPEED SCHOOL
Big Spike Volleyball Camp



No one has had more Success than the Parisi Speed School in helping athletes get faster and more agile for Volleyball!

Contact Person for Camp:

Maria Shunk, Parisi Speed School Director

Location of Camp:

Spring Valley Athletic Club
Parisi Speed School and Volleyball Courts

Dates and Times Camp will be held* **:

June 22nd-26th 9am-12pm (girls and boys grades 6th-12th)

July 13th-17th 9am-12pm (girls and boys grades 6th-12th)

Team Training Dates Available call for details

– Players will receive a camp t-shirt –

*athletes will be separated by gender and age (6th-8th and 9th-12th)

**1.5 hrs each day will be Parisi Speed Training for Volleyball Players and
1.5 hrs each day will be Volleyball Skills Training

Registration Dates:

Early registration is April 30th - \$175

After April 30th - \$195

Send Payment and Registration to:

Parisi Speed School c/o Spring Valley Athletic Club

Attn: Maria Shunk

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About the Parisi Speed School

Company History

Parisi is the nation's leader in speed and performance training. There are 42 Parisi facilities in 22 states across the United States.

Over the last 18 Years, Parisi has:

- Trained over 100,000 athletes, 5,000 College Scholarships
- Parisi has trained 1st round draft in every major sport
- Over 115 NFL draft picks (15 First Rounders, 5 Fastest Men)
- Produced Olympic medalists

About Big Spike Volleyball Camp

Company History

- Headed by Dennis Werner, USA Volleyball IMPACT Certified
- 3 time Lancaster-Lebanon League Section 2 Champs
- 2008 Lancaster-Lebanon League Champions
- 2007 Lancaster-Lebanon League Coach of the Year
- 2007 PIAA AAA Runner Up and 2008 PIAA AAA Semifinalists

Camp Mission

This program's goal is to teach your athlete the Parisi Training System and to enhance their volleyball skills. The Parisi System involves first step quickness, explosive power (vertical jump), cutting-edge sprinting, and strength training techniques applied in an effective and safe manner. These techniques are essential for the volleyball player. Serving, spiking, passing, and knowing how to play volleyball is not enough. Sixty percent of an athlete's time should be spent improving speed, balance, coordination, flexibility and strength in order to decrease susceptibility to injury.

Big Spike Volleyball's goal is to teach players how to pass, server, attack, block, and execute floor defense.

Expected Results

Attend the ONLY camp that combines Nationally Accredited speed and agility training with improving your volleyball specific skills. The Parisi Speed School and Big Spike Volleyball will improve volleyball skills, first step quickness, explosive power, strength, endurance, and most importantly self-confidence.

Register Today...Spots are Limited!

www.svathleticclub.com

